Describe how the path of oxygen affects the generation of ATP. What are the three systems used to generate ATP and what are the benefits and limiting factors of each system? What events rely on each system and how can an athlete benefit from training each system specifically?

List the agonist, antagonist, synergist and fixator in an athlete performing a sit-up and briefly describe the movements. Identify the type of lever at work and explain. List two biomechanical principles that athletes should consider for this exercise. How can consistent resistance training influence the reciprocal innervation of the muscle groups and enhance the biomechanical principles of the action?

Identify three major categories of the drugs used for athletic performance enhancement. Identify the type of athletes using the drug, as well as the risks and benefits associated. Describe the affect the media, and specific athletes, has on younger athletes and their training methods (ie do they use steroids or do they exercise naturally)?

An endurance athlete can expect improvement in six main areas of the cardiovascular system. What improvements can be seen in aerobically trained athlete vs a non-trained athlete? How do these improvements affect disease prevention and overall health?